

## Upside Down Cheesecake w/Frt15

Number of Servings: 15 (247.86 g per serving)

Amount	Measure	Ingredient
0.90	oz	Gelatin, orange, sugar free, dry mix, svg
6.00	cup	Water, tap
1 1/2	lb	Cream Cheese, fat free
15.00	ea	Crackers, graham, honey, squares
15.00	Tbs	Topping, whipped, lite
7 1/2	cup	Mandarin Oranges, cnd, w/juice, drained

### Nutrients per serving

Nutrition Facts			
Serving Size (248g)			
Servings Per Container			
Amount Per Serving			
Calories 130		Calories from Fat 15	
		% Daily Value*	
Total Fat 2g		3%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 350mg		15%	
Total Carbohydrate 18g		6%	
Dietary Fiber 1g		4%	
Sugars 11g			
Protein 9g			
Vitamin A 35%		Vitamin C 50%	
Calcium 10%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Recipe must be started the day or two before serving.

EACH .3 oz of sugar free jello = approx. 1 Tbsp & 1/6 tsp (enough for 5 servings)

Bring half of the water to a boil and dissolve sugar free orange or lemon gelatin in it. Stirring until well dissolved. Add the other half of the water. Let set at room temperature (cover) until the next a.m. It will be slightly gelled.

Warm cream cheese slightly in microwave to bring it to room temperature.

Line pan(s), that will hold the # servings being prepared, with the # of graham cracker squares called for in the recipe.

In mixer or blender mix cream cheese with 1/4 of the slightly gelled gelatin mixture until creamy. Add the rest of the gelatin mixture and blend well. Pour over graham cracker squares in pan. Refrigerate until set, at least 3 hours or more.

Cut into squares; serve 1/2 cup well drained fruit (kind of fruit can vary, fresh unsweetened fruit may be used) over cheesecake and add a tablespoon of light whipped topping.

1 serving = 1 carb serving and equals 1 fruit serving

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 38 - 40 F.

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